

Support for our patients: Alcohol

Drink Less (NHS guidance)

One simple way to cut down is to have at least a few drink-free days every week. This can be a really effective way to improve your health, lower your blood pressure, boost your energy, lose weight and save money.

For simple tips and tools to help you start cutting down today visit www.nhs.uk/better-health/drink-less.

Here are some practical things you can try to help you cut back (taken from the website www.nhs.uk/better-health/drink-less):



1. Have a game plan

Use the NHS Drink Free Days app to set yourself a weekly unit target and stick to it. But if one week you do go over your limit, don't stop trying – next week is a fresh start.



2. Switch from stronger stuff

Choose drinks that are lower in alcohol. Try lighter beers – under 4% ABV. As a rule of thumb, white and rosé wines are lower in strength than reds. Or try swapping some or all of your drinks for no or low-alcohol alternatives.



3. Stick with it!

It might take a bit of time to get used to the change from your usual choices, so if you notice a difference in taste with lower-strength drinks, do not give up! There are so many options, it's likely there's one out there for you – and switching means you can enjoy the health benefits of drinking less without losing your social life.



4. Shake up your social plans

Going for drinks is not the only way to see friends. You could watch a film, meet up for breakfast, grab a coffee and go for a walk, go bowling, head to the gym or sign up for a class to do together, for instance.



5. Set a booze budget

Sticking to a budgeted amount for alcohol can be a good way to drink less. If you are going out, try taking only the exact cash, or set up a spending alert on your card.



6. Write off the rounds

Being involved in rounds makes it easy to end up drinking more than you meant. Try to avoid them if you can, and do not feel like you have to say yes to a drink just because someone else is buying. There's always next time.

Waythrough (previously known as Together EDP)

This service offers 1-2-1 specialist support for anyone struggling with alcohol or drugs in the South Devon area. For more information and to self-refer, visit

www.waythrough.org.uk/find-support-near-me/together-newton-abbot or call **0800 233 5444**.

Torbay Recovery Initiative (for Torbay residents only)

This service offers alcohol treatment options, some self-management tools (including a password for the web-based or app "breaking free online"). Phone **01803 291129** or self-refer using their **www.torbayandsouthdevon.nhs.uk/services/drug-and-alcohol-service/referrals**. For more information, visit **www.torbayandsouthdevon.nhs.uk/services/drug-and-alcohol-service**.

Alcoholics Anonymous

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. Find details of your local group and more information on their website **www.alcoholics-anonymous.org.uk** or call **0800 917 7650**.

Drink Aware

Get the FREE MyDrinkaware APP, check the facts, understand your drinking and make a change. Drinkaware are an independent charity that promotes responsible drinking and finds innovative ways to challenge the national drinking culture to help reduce alcohol misuse and alcohol-related harm. For more information, visit **www.drinkaware.co.uk/tools/mydrinkaware-app**.

Support for friends and family:

Al-Anon

Al-Anon offers a helpline to call for anyone who is affected by someone else's drinking and there are support groups operating in the area too. Visit **al-anonuk.org.uk** or call **0800 0086 811** to access support.

Adfam

Adfam gives information, local support groups and helplines for anyone affected by someone else's substance misuse, and information for family members including a useful directory of services can be found here **adfam.org.uk/for-families**.